



Parenting News



We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support with other parents has been a lifeline, and reminded us that we do not have to be alone.

Activities to do with kids (Or: How to keep them away from TV)

By April Wheeler

October through December, children seem to be out of school often. Mostly, this is for a holiday, but some of us already may have experienced the delight of kids home for conferences. Whatever the reason, we parents need things for kids to do when they're home, *other* than the TV.

Here's a list of possible activities to do with the kiddos!

1. Homemade slime: www.sciencebob.com/experiments/polymer.php
2. Board games: On hand, borrow, or create your own! My kids love to make up their own games to play with one another.

3. Collages: Glue, magazines, paper, scissors.
4. Hide and seek. Even inside, this can be fun as kids have to be creative.
5. Visit a public library. These often have daily activities. Plus...books!
6. Snack- or meal-making together:
7. Card houses or plastic cup towers: How high? How wide? How stable?
8. Bubbles. Adults tend to enjoy these, too.
9. Dance party!! You'd be amazed at how much fun this is. On Halloween, we had a Monster Mash Dance with 15+ kids. We *all* had a blast! Even I was dancing!
10. Craft: crayons, markers,

- glue, paper...leaves, buttons, ribbons...You name it!
11. Forts: blankets or sheets, tables and/or chairs.
12. TP Bowling: Toilet paper rolls are pins, rolled-up socks are bowling balls.
13. Science experiments: Look online or search for books at the library. From tornados to lava to floating paper clips, there are tons of these to be done at home.
14. Scavenger Hunt: Hide items, give clues. When I was a kid, we played "Button, Button, Where's the Button?" One of us would hide a button, and give clues to the others in hot and cold responses.
15. Read books to each

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Activities

- Nov 6 (7p), *Open Mic Literati Night, Albany Public Library. Doris Hicks 541-791-0015 for more info.*
- Nov 7 (2:50p), *Talk About Trees, Albany Downtown Library*
- Nov 10 (11a), *Veterans Day Parade, Albany.*
- Nov 15 (4:30-5:30p), *Anime Club, Albany Public Library*

other in a dramatic way: Use accents or funny voices, act out scenes. Or...write stories! This month is "Nanowrimo," otherwise known as "National Novel Writing Month."

What You Look For, You Find

By Crystal Rowell

Last year on Facebook, several of my friends started posting daily one thing that they were thankful for. They did this from about the beginning of November until Thanksgiving. It was really neat to see what kinds of things people were grateful for, and how creative they got as they ran out of the obvious things to post.

Sometimes when stressful times come, and our children start to feel the stress and start to act out, it's hard to keep gratitude in mind, or even to see any good anywhere. Pretty soon, we're grumpy, our kids are a mess, and everything just seems to be going wrong. Some call it pessimism; (though most pessimists prefer to think of themselves as realists) sometimes it goes into awfulizing

(making things out to be the worst they could possibly be).

Abraham Lincoln once said, "If you look for the bad in people, expecting to find it, you surely will." The opposite is also true; looking for the good in someone expecting to find it, you will. In parenting, we call this "catching them being good". Not only does it help pull us out of

that negative space, it reminds our kids that there is good in them, they aren't just screwing up all the time.

Often, it will disrupt their flow of behavior, and give them a chance to pause and think. And that's something everyone needs sometimes.



Outdoor Corner

By Joel Wheeler

Fall has arrived, and the holidays rapidly approach. If you're looking to spend some time outdoors, the fall season is a great time of year to bundle up and go on a family hike, or to hit up a mountain bike trail. In the past, ski resorts have begun to open by the end of November as well. November is a good time to check your crabbing gear as well, in preparation for the Season opening on December 1st.

Coast elk season hits this month, as does the late deer archery season.



November's Kiddos

Meet Zacharie. He is 15, his favorite colors are green and black, and his favorite animal is a cat. His special talent is that he can "sit at a piano and beautiful music comes out". People have noticed and been impressed with how mature and responsible he has become this past year.

Way to go Zacharie!
Good job!



Family Fun!!!

Baked Apple Chips

Ingredients

Golden Delicious apple
Cinnamon
Sugar

Directions

Preheat oven to 225°.

Combine cinnamon and sugar.

Slice apples thinly. This can be done with a mandolin slicer, or by hand. The trick is

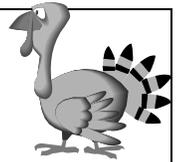
to get them even so they are crisp.

Place evenly on baking sheet, preferably lined with parchment paper, taking care not to overlap them.

Sprinkle with cinnamon-sugar mix.

Bake for two hours, turning the apples at the one hour mark. Apples will crisp as they cool.

Thanksgiving Scramble



Ffginstu _____

Giilmprs _____

Ahknt _____

Afilmy _____

lkmnppu _____

Ckoo _____

Deinnr _____

Aefst _____

Aehrstv _____

Ahquss _____

Cnor _____

A Note About Classes

We are sad to announce that Collaborative Problem Solving Classes and Support Groups have been temporarily suspended due to the need for restructuring. We want to thank Greater Albany Public Schools for their generous donations in providing the finances needed for childcare over the past four years of these groups. County officials,

in light of budget cuts and the new direction of county mental health services, have decided that restructuring is necessary at this time. We are committed to our goals of being an all inclusive group of parents and families that welcome everyone and will embrace with out judgment all who would like to attend. We are working towards

reestablishing the groups with that in mind.

If you would like to be involved in the development of future groups or if you are interested in being a volunteer involved in the One II Another Support Team please give Debbi a call at 541-971-0246.

Comments, questions?

Contact by phone or through e-mail. Debbi Barreras 541-971-0246 or parentingquestions@hotmail.com.

To submit an article or feedback, write to fsveditors@gmail.com or talk to Crystal Rowell